



Curriculum Vitae

Dr. Manfred Nelting, M.D.

Medical specialist in the field of psychosomatic medicine

Medical specialist in the field of general practice

Founder and medical director of the Gezeiten Haus Klinik (private clinic)

Founder of the Gezeiten Haus Akademie (academy)

Coach/Instructor in the general field of health coaching

Member of the Academy of Integrated Medicine (AIM)

Member of Laoshan Center (Hamburg/Qingdao-China) for life care and functional kinesiology

Long time follower of:

- Thure von Uexkuell
- Hildegard Heini
- Lotte Hartman-Kottek
- Laszlo Mattyasowszky

Mr. Nelting was born in 1950 in Hamburg, Germany.

He graduated from "Gelehrtenschule des Johanneums" High School in 1969.

He is married to Elke Nelting with three grown up children.

1970-1977: Medical Studies at the University of Hamburg.

1978-1985: Medical Assistant in several clinics and private practices (Hamburg, Diepholz and Hann.-Münden, Germany).

1985-1992: Establishment of a private practice in the fields of general practice, homeopathy, and psychotherapy in Bad Arolsen, Germany.

1992-2002: Founding member of the Tinnitus-Klinik Bad Arolsen.

CEO and medical director from 1992 until 2002. During that period, the

Tinnitus-Klinik grew from 8 inpatient occupancies in 1992 to 105 inpatient occupancies in 1998 with an overall number of 148 employees.

Since 1992: Mr. Nelting and his wife Elke have been developing several forms of therapy based on the fields of neuro-otologic-psychosomatic therapy which is fundamentally derived from Taiji/QiGong. Furthermore they have been researching in the scientific fields of modern neurobiology, the basic physiology of the brain as well as in-depth psychological and humanistic psychotherapy methods. Most of their scientific research was developed on the basis of Greenberg's and Elliot's scientific works.

1995-2003: Founding member and executive board member of the European Academy for Retraining and Systemic Listening Therapy. The academy has functioned as a training institute for psychologists, ENT specialists, and specialists for psychotherapeutic medicine.

2002-2003: Dr. Nelting was appointed to a lectureship at Carl von Ossietzky University, Oldenburg.

2004: Doctoral dissertation at the University of Hamburg.

Thesis: "Concept, Development and Validation of a self-assessment questionnaire to record subjective suffering of hyperacusis.

2004-pres.: Founding member of the Gezeiten Haus Klinik as well as founding member of the Gezeiten Haus Akademie. Dr. Nelting has been serving as CEO (until 2013) and medical director for the clinic.

The Gezeiten Haus Akademie has been developing a medical integral concept for successful leading managers in a globalized world. Furthermore, Elke and Manfred Nelting have continued on their scientific research in the fields of modern neurobiology, the basic physiology of the brain as well as in-depth psychological and humanistic psychotherapy methods. They have focused their scientific research on hyperacusis and burnout.

2010-pres.: Accreditation as educator for advanced training in the fields of psychosomatic medicine and psychotherapy by the medical chamber of North Rhine-Westphalia.

2011: Development of curriculum "TCM-based psychosomatic body therapy (TB-PKT)

2011: Establishment of a day clinic with adjacent outpatient clinic.

Scientific Publications:

- Tinnitus therapie mit Leib und Seele (Profil-Verlag, 1998).
- Hyperakusis (Thieme Verlag, 2003)
- GUF-Hyperakusis-Fragebogen zur subjektiven Beeinträchtigung bei Geräuschempfindlichkeit (Hogrefe, 2004).
(currently, the major measuring instrument for hyperacusis in international medical science)

Companion Works:

- Burnout - Wenn die Maske zerbricht (Goldmann, 2010).
- Schutz vor Burnout – Ballast abwerfen, kraftvoller leben (Goldmann, 2012)
- Burnout – Von Betroffenen Lernen (Springer Gabler, 2015)